

A close-up photograph of six wooden Scrabble tiles arranged in a row on a wooden rack. The tiles spell out the word "PRAYER". Each letter is in a bold, black, sans-serif font. Below each letter is a small number indicating its point value: P (3), R (1), A (1), Y (4), E (1), and R (1). The tiles are set against a dark, textured wooden background.

P₃ R₁ A₁ Y₄ E₁ R₁

A GAME CHANGER

1 Peter 5:7

**“Cast all your anxieties upon Him
because He cares for you.”**

Philippians 4:6-7

“Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

PSALM 3 A Psalm of David, when he fled from Absalom his son.

¹ O Lord, how many are my foes!

Many are rising against me;

² many are saying of my soul,

“There is no salvation for him in God.” *Selah*

³ But you, O Lord, are a shield about me,
my glory, and the lifter of my head.

⁴ I cried aloud to the Lord,

and he answered me from his holy hill. *Selah*

⁵ I lay down and slept;

I woke again, for the Lord sustained me.

⁶ I will not be afraid of many thousands of people
who have set themselves against me all around.

⁷ Arise, O Lord!

Save me, O my God!

For you strike all my enemies on the cheek;
you break the teeth of the wicked.

⁸ Salvation belongs to the Lord;

your blessing be on your people! *Selah*

Possible answers from God:

- **Yes.**
- **No.**
- **Wait.**
- **Grow.**
- **A Better Way.**

Possible answers from God:

- **Yes.**
- **No.**
- **Wait.**
- **Grow.**
- **A Better Way.**

Maybe God gives us what we would have prayed for if we knew everything He knows?"

-Tim Keller

PSALM 3 A Psalm of David, when he fled from Absalom his son.

¹ O Lord, how many are my foes!

Many are rising against me;

² many are saying of my soul,

“There is no salvation for him in God.” *Selah*

³ But you, O Lord, are a shield about me,

my glory, and the lifter of my head.

⁴ I cried aloud to the Lord,

and he answered me from his holy hill. *Selah*

⁵ I lay down and slept;

I woke again, for the Lord sustained me.

⁶ I will not be afraid of many thousands of people
who have set themselves against me all around.

⁷ Arise, O Lord!

Save me, O my God!

For you strike all my enemies on the cheek;
you break the teeth of the wicked.

⁸ Salvation belongs to the Lord;

your blessing be on your people! *Selah*



IF JESUS RETURNS.
KILL HIM AGAIN.

undoJesus.org



So...therefore...what now?

Know that "Perfect Love casts out Fear" 1 John 4:18

Consider using the structure of Psalm 3 in your prayer life this week when you experience any fear/anxiety (or any strong emotion):

Cry out to God. Cast your anxieties upon Him. v1-2

Pray with Confidence that God cares & God hears. v3-4

Pray with Confidence that God answers. V4b

Sleep with Confidence that God works while you sleep. V5

Pray with Confidence that God sustains you and fights the battle. v5-7

Praise God that He delivers you and blesses His people. v8

Praise Jesus! You have direct access to our Heavenly Father because of what of what Christ did for you at The Cross.